



## Stuffed Date Bites

 Vegetarian

READY IN



35 min.

SERVINGS



16

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 16 large dates whole
- 0.3 cup goat cheese soft (goat)
- 1 tablespoon almonds toasted chopped
- 8 oz regular crescent rolls refrigerated canned (8 Count)
- 0.5 cup powdered sugar
- 0.5 teaspoon orange zest grated
- 1 tablespoon orange juice
- 1 serving currants fresh

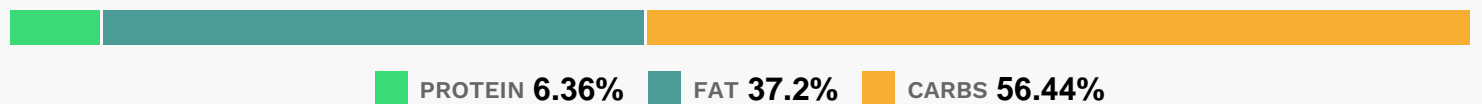
## Equipment

- bowl
- baking sheet
- oven
- ziploc bags

## Directions

- Cut each date lengthwise along one side; remove pit.
- Place goat cheese and almonds in quart-size resealable freezer plastic bag or decorating bag fitted with tip with large end; seal bag. Squeeze bag to mix almonds into goat cheese.
- Cut small hole in 1 corner of plastic bag. Squeeze bag to pipe about 1 teaspoon cheese mixture into each split date.
- Heat oven to 375°F. Unroll dough and separate into 4 rectangles; firmly press perforations to seal.
- Cut each into 4 short strips (about 3x1 inch); wrap each stuffed date with 1 dough strip.
- Place 2 inches apart, seam side down, on ungreased large cookie sheet.
- Bake 10 to 15 minutes or until golden brown. Meanwhile, in small bowl, mix glaze ingredients. Immediately drizzle glaze over hot bites.
- Remove from cookie sheet. Cool 10 minutes.
- Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:8.69, Glycemic Load:2.51, Inflammation Score:-1, Nutrition Score:1.1243478124556%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin:

0.02mg, Epigallocatechin: 0.02mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin:  
0.13mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.02mg,  
Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg,  
Quercetin: 0.07mg, Quercetin: 0.07mg

## **Nutrients (% of daily need)**

Calories: 100.76kcal (5.04%), Fat: 4.39g (6.75%), Saturated Fat: 1.99g (12.45%), Carbohydrates: 14.97g (4.99%), Net  
Carbohydrates: 14.32g (5.21%), Sugar: 9.72g (10.8%), Cholesterol: 2.18mg (0.73%), Sodium: 128.94mg (5.61%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.37%), Copper: 0.06mg (2.82%), Fiber: 0.65g (2.6%),  
Iron: 0.37mg (2.05%), Phosphorus: 19.71mg (1.97%), Manganese: 0.04mg (1.9%), Vitamin B2: 0.03mg (1.82%),  
Potassium: 54.55mg (1.56%), Magnesium: 5.61mg (1.4%), Vitamin B6: 0.02mg (1.25%), Vitamin E: 0.17mg (1.15%),  
Calcium: 11.34mg (1.13%), Vitamin A: 51.99IU (1.04%)